



How To Ignite And Sustain Transformation 6 Disciplines of Self-Leadership

Discipline #1: Self-Awareness (Matthew 7:3-4)

Self-awareness is having an understanding of how we are experiencing life and how others are experiencing us. Four elements of self-awareness include *knowing who we are* (our strengths, weaknesses, passions, purpose and destiny), *the ability to calm our hearts and minds*, the ability to *remain emotionally grounded* and learning how to *experience purposeful endurance*.

Discipline #2: Discernment (Hebrews 4:12)

Discernment is the ability to see the unseen. Often times in our religious upbringing, we're self-appointed experts at discerning others, but ignorant at discerning our own attitudes, spirits, character, behaviors, etc. Cultivating this discipline allows us to pause and consider our own character and behaviors before engaging in behaviors and thought patterns that potentially become self-destructive or drive us away from our purpose.

Discipline #3: Conviction

We've all heard the adage, "*what you don't know, can't hurt you.*" In reality, what you don't know can kill you. What do you believe? Why do you believe it? Can you defend it? Identifying and living by personal, clear convictions strengthens our personal growth & transformation process.

Discipline #4: Accountability

When we're truly committed to transformation, accountability cannot be ignored! In an age where everyone seemingly strives to be a free-agent, only those with proper accountability will go on to achieve the goal in mind. Accountability leaves the door open for encouragement and correction.

Discipline #5: Communication

The most understated element of communication is listening. How would our lives be different if we practiced listening to our inner voice? There's a concept I learned in child-development training that says "every negative behavior is an expression of a need." If I take the time to listen to my negative behaviors, what needs are they revealing?

Discipline #6: Vision

Proverbs 29:18 states this clearly; "*where there is no vision, the people dwell carelessly.*" In fact, one version says "*the people run wild.*" If self-leadership and transformation are your goal, you have to have a plan to get there. What does the life you want look like? Don't just think it, write it down, every day!